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Mile-high sexism

Passenger's note saying women don't belong in the cockpit irks female pilot **PAGE 5**

HE CAN AFFORD TO LOOK DORKY

BILL GATES ONCE AGAIN NAMED RICHEST PERSON IN THE WORLD — SEE WHO CAME CLOSE **PAGE 8**

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A member of the self-defense unit stands guard as people walk across Kyiv's Independence Square in Ukraine on Monday. EMILIO MORENATTI/THE ASSOCIATED PRESS

Ukraine's ousted leader asked for help, Russia says

16,000 troops. Viktor Yanukovich asked Vladimir Putin to send military to establish 'peace, law and order' in Crimea, UN told

Ukraine's fugitive president requested Russian soldiers in Crimea "to establish legitimacy, peace, law and order," Russia's UN ambassador said Monday, contradicting the president's own comments last week, while Ukraine's ambassador said 16,000 troops are now deployed there.

The disclosure of ousted President Viktor Yanukovich's support for Russian intervention was made at the third emergency meeting of the UN Security Council since Friday. It came amid fears that

the Kremlin might carry out more land grabs in eastern Ukraine.

Russia faced demands from almost all council members to pull its troops out of Crimea and got no support for its military action from close ally China.

"With the exception of one member of the Security Council — the Russian Federation — we have heard overwhelming support for the territorial integrity of Ukraine, and for peaceful dialogue," U.S. Ambassador Samantha Power said.

Action by the UN's most powerful body appears unlikely, though Britain's UN Ambassador Mark Lyall Grant said, "We certainly do not rule out presenting resolutions in the Security Council in the next few days." Russia has veto power as a permanent member and can block the

council from adopting any resolution criticizing or sanctioning Moscow.

During the heated meeting, Russian Ambassador Vitaly Churkin strongly defended his government's actions as "fully appropriate and legitimate" to defend the human rights of the Russian-speaking minority in Ukraine, which he claimed is under threat of oppression from the north and west after violent protests swept in a new government.

He told the council he was authorized to read a statement from Yanukovich requesting Russian President Vladimir Putin to use his armed forces to restore peace and defend the people of Ukraine.

Yanukovich fled to Russia after his ouster and had said Friday that he would not ask for Russian forces.

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Elmwood

New East Yard rises from old landfill

Once a landfill, a 50-acre site in East Elmwood has been transformed into a sprawling campus of five buildings housing more than 200 City of Winnipeg employees and countless pieces of equipment.

The city's East Yard, at 960 Thomas Ave. was officially opened on Monday and brings together the public works department of streets maintenance, parks and open space, and bridge operations. It will also be home to the city's fleet management agency — all of which is expected to save municipal taxpayers money in the long run, said Mayor Sam Katz.

"In addition to that, some of the land that's been vacated can actually be used for development and basically broadening our tax base," said Katz, adding the 124,347-square-foot facility cost just under \$50 million and was built to LEED silver standards. "The other facilities (where the departments operated) had long outlived their economic viability."

Coun. Jeff Browat admitted when the project was first debated, he was skeptical of spending \$50 million on back services.

Browat said he toured the facilities several years ago and realized it was necessary to modernize.

"You know what I saw? Dark, dingy spaces," he said, adding the decommissioned sites are on Tache Avenue, Archibald Street, and Plessis and St. Anne's roads.

"Look how bright this is, modern, healthy air-circulation systems."

Coun. Paula Havixbeck, who was on the executive policy committee when the project was being discussed, said "it was quite a debate" whether to proceed with the project, which she was in favour of.

"It does improve things for our staff and makes it much more conducive to provide good service to citizens, so it's really nice to see the end product."

BERNICE PONTANILLA/
METRO



Fire sends man hospital

A man was taken to hospital in critical condition after a van parked in the Real Canadian Superstore parking lot on Sargent Avenue caught fire Monday around 11:20 a.m. The man has been upgraded to stable condition and police couldn't confirm Twitter reports that there was an explosion before the van went up in flames. COURTESY CJOB

Kreviazuk. Winnipeg singer among trio to receive honorary degrees

Singer-songwriter Chantal Kreviazuk is among three Winnipeggers set to pick up honorary doctorates from the University of Winnipeg later this month.

Joining Kreviazuk at a special convocation is humanitarian and women's rights champion Dr. Denis Mukwege and former chair of Canada's Refugee Status Advisory Committee Joseph Stern.

"These extraordinary

individuals are using their skills and talents to raise awareness and improve the lives of others," said U of W president and vice-chancellor Lloyd Axworthy in a release Monday. "This trio stands as role models to all of us, and most especially to the next generation of youth and students."

The convocation is open to students and the public starting at 12:30 p. March 26 at Convocation Hall. METRO

Frozen pipes problem at 'emergency' level

Growing backlog. City pools now available to those residents affected



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

The frozen-pipe woes in Winnipeg are as deep as the frost itself, reaching "emergency" level, city officials said on Monday.

A somber Mayor Sam Katz announced 619 homes were without water due to frozen pipes.

"Whether it's five days or 14 days without water is definitely a hardship on any family," he said.

Katz said in response, free access to shower facilities at a dozen city-owned pools and the Fort Rouge Leisure Centre on Osborne will be provided to those affected.

In addition, the city has ramped up efforts to thaw

Free access

The indoor pools on offer:

- Bonivital, Cindy Klassen Recreation Complex, Eldon Ross, Elmwood Kildonans, Margaret Grant, North Centennial Recreation & Leisure Facility, Pan Am, Seven Oaks, St. James Assiniboia Centennial, St. James Civic Centre, Transcona Centennial, and Bernie Wolfe.

pipes, assigning all available staff on the three electric thawing machines and even bringing people in from other departments, said Diane Sacher, director of the water and waste department.

"Even though we've resourced those machines at that level, we cannot keep up with our backlog," said Sacher, adding that so far crews have been able to thaw pipes to about 150 homes.

"We've never seen the frost



Diane Sacher, director of the City of Winnipeg's water and waste department, along with Mayor Sam Katz, detailed plans for dealing with the growing problem of frozen pipes in the city. BERNICE PONTANILLA/METRO

this deep.... We're trying to identify at-risk properties that might freeze if conditions remain as they have been for a few more weeks."

Sacher said as a temporary measure, hose lines running to

the homes without water from a neighbouring home's outside tap are also being offered, though that neighbour has to be willing to allow it. The city currently has 67 hose lines in place.

Attempted robbery

Skier flees with stab wounds

A man and two teens are facing charges after a man was stabbed during a robbery attempt on the river trail at the Forks Sunday night.

The 31-year-old victim was skiing along the river trail just after 7 p.m. when three male suspects, one armed

with a knife, demanded he hand over his wallet.

The victim was stabbed in the upper body during the scuffle, but managed to break free and flee to safety.

He was taken to hospital with non-life threatening injuries, and three suspects were arrested nearby.

A 23-year-old man and two youths, 16 and 17, have each been charged with robbery. METRO

ML&L

Cost cutting won't cost jobs

If finding savings without layoffs or cuts to service is akin to winning the lottery for a Crown corporation, then Manitoba Liquor & Lotteries just hit the jackpot.

Manitoba Liquor & Lotteries reported Monday it's

found roughly \$4.8 million in savings over the next two years by managing 108 positions through existing vacancies, attrition, and retirements.

"We are working with unions and employees in a proactive manner to ensure a smooth transition," said Winston Hodgins, president and CEO of Manitoba Liquor & Lotteries, in a release. METRO

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TRANSIT TUESDAY

Weekly Transit News Update



WINNIPEG TRANSIT IS HIRING

If you've been waiting for the perfect time to make a career change, this is it! Winnipeg Transit must fill many key positions that are being vacated due to retirement of long-term employees. Bus operators, and trades and maintenance people are needed immediately. Don't miss out on your opportunity for a secure job with above-average salary and benefits. Apply online at winnipegtransit.com, but hurry — the application deadline is March 31. For more details, visit winnipegtransit.com.

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Policeman Awad Suliman attends court from behind bars during the sentencing hearing of his retrial in the landmark case of the beating to death of 28-year-old Khaled Said, in the port city of Alexandria, Egypt, Monday. HEBA KHAMIS/THE ASSOCIATED PRESS

Egypt police get 10 years for death that spurred uprising

Khaled Said. His slaying was one of the sparks that led to the uprising that toppled Hosni Mubarak the following year

A court sentenced two policemen on Monday to 10 years in prison for the 2010 brutal beating death of a young Egyptian that became a rallying cry for the protesters who overthrew longtime autocrat Hosni Mubarak.

Rights groups, however, said the years-long wait

before anyone was held accountable for the killing of 28-year-old small businessman Khaled Said in the port city of Alexandria highlights that the wider problem of police abuse, a major grievance of the 2011 protesters, remains unresolved.

Photographs of the dead Said's face, disfigured by what appeared to be a brutal beating, were posted on the Internet and became a rallying cry against torture and other police brutality under Mubarak. Activists used a Facebook page set up in Said's memory to call for the protests that ultimately forced Mubarak from power

in February 2011.

Authorities long denied that Said was killed, with successive forensic reports and official statements claiming he had choked on a packet of drugs he swallowed to hide from approaching policemen.

The two low-ranking policemen — Awad Suliman and Mahmoud Salah — had previously been convicted and handed sentences of seven years but that conviction was later overturned and a new trial was ordered.

Said's sister Zahraa said her brother was finally vindicated after the Alexandria court confirmed he died

The verdict

Lawyer Mohammed Zarie said the verdict was only possible after the fall of Mubarak's regime.

- He added that the long-delayed verdict reveals the faults in a system that protects officials.

under torture and not from suffocation from swallowing drugs. She said she would sue officials who accused her brother of being a drug addict.

THE ASSOCIATED PRESS

North Korea deports Australian missionary

North Korea on Monday deported an Australian missionary detained for spreading Christianity in the country, saying he apologized for his anti-state religious acts and requested forgiveness.

Authorities in North Korea had arrested John Short for secretly spreading Bible tracts near a Buddhist

temple in Pyongyang on Feb. 16, the birthday of late leader Kim Jong-il, the North's official Korean Central News Agency said.

The report said that Short, 75, admitted he committed a crime that hurt the Korean people's trust in their leaders and that he apologized for his behaviour.

"I now realize the ser-

iousness of my insult to the Korean people on February 16th because I made the Korean people angry and for this I truly apologize," Short was quoted as saying in a written apology, according to separate KCNA report. "I am willing to bow down on my knees to request this tolerance of (North Korea) and the Korean people."

KCNA said North Korea decided to expel him in part out of consideration for his age.

Short arrived later Monday on a flight to Beijing, where he declined to speak to reporters saying he was too tired and was escorted to a vehicle from the Australian Embassy.

THE ASSOCIATED PRESS



Sask. lawyer suing Sun News host in \$100K defamation suit

Ezra Levant is shown at the University of Ottawa in March 2010. Saskatchewan lawyer Khurrum Awan, who says Levant defamed him in a series of blog posts, is seeking \$100,000 in damages. Levant caused "tremendous" damage to Awan with posts labelling him a jihadist and a liar, the lawyer alleged Monday as his defamation lawsuit against the controversial Sun News Network personality went to trial. PAWEŁ DWULITZ/THE CANADIAN PRESS

Pot program 'compromised' by rapid growth, feds claim

‘Significant unintended consequences.’ Growing medical marijuana at home poses fire hazards, threat of crime for users, says government

The unforeseen growth of the federal medical marijuana program has “seriously compromised” the goal of providing the drug to patients while ensuring public safety, the government says.

The number of people authorized to possess — and

often grow — marijuana under the federal program has risen to 37,000 this year from fewer than 100 in 2001, resulting in “significant unintended consequences.”

In a court document defending imminent changes to the program, the government says growing marijuana at home poses hazards including mould, fire, toxic chemicals and the threat of home invasion by criminals.

It says the number of licensed users could climb as high as 400,000, adding it is not possible for Health Can-

Injunction requested

Several B.C. residents are asking the Federal Court of Canada for an injunction that would allow them to continue growing their own pot.

- They argue the planned new system would deny them a safe, affordable supply of the particular strain of marijuana that meets their medical needs.

The government also rejects legal arguments that denying people the right to produce their own pot would violate their Charter of Rights guarantee of “security of the person.”

Under the existing program, people are issued licences to cultivate marijuana for personal use to help ease painful symptoms. Beginning April 1, the government plans to allow only select commercial producers to grow marijuana under "secure and sanitary conditions" for distribution to approved patients by mail. **THE CANADIAN PRESS**

ada to effectively inspect tens of thousands of production sites across the country.

Sexist note sends pilot's anger sky-high

Sexist remarks about a female pilot left on a passenger's napkin aboard a Calgary flight bound for Victoria Sunday have prompted a heated response from the seasoned flier.

Carrie Steacy, a pilot of 17 years who currently works for Westjet, said she was "shocked" when alerted to the message left by someone named "David," who was believed to be seated aboard Flight No. 463.

David wrote that the cockpit of an airplane is "no place for a woman," and asked that WestJet alert him the next time "a fair lady is at the helm, so I can book another flight!"

Steady didn't take the comments lying down, posting a heated response to her Facebook page that instantly generated hundreds of reposts and comments.

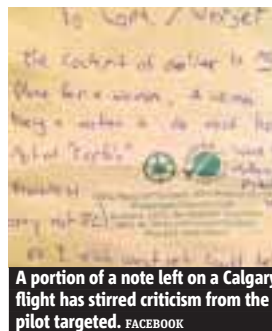
"I respectfully disagree with your opinion that the

'cockpit' (we now call it the flight deck as no c***s are required) is no place for a lady," she said. "In fact, there are no places that are not for ladies anymore."

"I just couldn't believe there are still people in this country that think like that," Steacy told Metro. "It just shocked me."

WestJet was also quick to denounce the comments.

**JEREMY NOLAIS/METRO IN CALGARY,
WITH FILES FROM EMILY JACKSON**



A portion of a note left on a Calgary flight has stirred criticism from the pilot targeted. [FACEBOOK](#)

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First witness at Pistorius trial recalls screams

Oscar Pistorius, 27, is escorted out of the high court after the first day of his murder trial in Pretoria, South Africa, Monday. The first witness — Michelle Burger, who lives about 180 metres from Pistorius's house — testified to hearing "blood-curdling" screams from a woman before she heard four gunshots on the night the double-amputee Olympian killed his girlfriend. Pistorius is charged with murder with premeditation in the shooting death of girlfriend Reeva Steenkamp in the pre-dawn hours of Valentine's Day 2013. THE ASSOCIATED PRESS

Obama pressures Israel as peace talks deadline looms

Israeli-Palestinian conflict. U.S. seeking to get both sides to sign a framework by the end of April

Seeking to salvage an elusive Middle East peace plan, U.S. President Barack Obama pressed Israeli Prime Minister Benjamin Netanyahu Monday to make the "tough decisions" needed to move forward on talks with the Palestinians.

But facing a U.S.-imposed April deadline, the Israeli leader declared pessimistically that, "Israel has been doing its part and, I regret to say, the Palestinians have not."

Obama and Netanyahu spoke before a White House meeting on a snowy Monday in Washington.

The meeting marked a more direct foray by Obama into the peace negotiations, which he has so far largely ceded to Secretary of State

West Bank settlements

Building activity doubled last year

Israel began building more than twice as many contentious West Bank settlement homes in 2013 than it did the previous year, Israel's central bureau of statistics said Monday, just hours before its prime minister faced President Barack Obama in Washington.

In its annual roundup of the Israeli housing market, the bureau said work began on 2,534 new housing units in the settlements in 2013, compared to 1,133 in 2012. Nationally, Israel had a 3.4 per cent increase in housing starts over the same period.

The two leaders have been at odds over Israel's settlement policies on war-torn land.

THE ASSOCIATED PRESS

John Kerry.

Kerry has made nearly a dozen trips to the region over the past year and is seeking to get both sides to sign a framework by the end of April that would serve as a guide for negotiations on a permanent solution to the long-running conflict between the Israelis and Palestinians.

The framework aims to address the core issues in the

dispute, including borders between Israel and a future Palestine, the fate of Palestinian refugees and the status of the holy city of Jerusalem.

"Some tough decisions are going to have to be made," Obama said.

The president will meet in Washington later this month with Palestinian Authority President Mahmoud Abbas.

THE ASSOCIATED PRESS

Iran

Uranium stock cut, UN nuke chief says

Iran is cutting its stock of uranium that is closest to atomic weapons-grade as mandated in a deal with six world powers, the head of the UN nuclear agency said Monday.

But Yukiya Amano noted that the International Atomic Energy Agency remains short of money to be able to monitor Tehran's compliance with the agreement.

THE ASSOCIATED PRESS

Pakistan

Gunmen attack court complex

Gunmen stormed Pakistan's main court complex in Islamabad on Monday, cutting down fleeing lawyers before blowing themselves up in a rampage that killed 11 people. The bloodshed undermined the government's efforts to negotiate a peace deal with the main militant group, the Pakistani Taliban, just days after the organization announced a one-month ceasefire for the talks. THE ASSOCIATED PRESS

Want to make thousands at home?

Do your research first. Herbalife's posters offer an easy way to make cash, but the company is facing pyramid scheme allegations



JESSICA
SMITH CROSS
Metro in Toronto

Have you seen a poster in your neighbourhood offering the chance to work from home?

There's a good chance it's for Herbalife, a behemoth, international, publicly traded multi-level marketing company that's sold weight-loss and health products for more

than 30 years.

The flyers don't mention allegations the company is a massive pyramid scheme that could one day collapse or be shut down, putting the fortunes of some of the world's poorest and richest people at stake.

A U.S. senator has called on the Federal Trade Commission to investigate if Herbalife is a pyramid scheme.

The New York Post, citing anonymous sources, reported the Canadian Competition Bureau — Canada's version of the FTC — has launched an investigation of its own, based on Canadians' complaints. The bureau would not confirm an investigation because its investigations are confidential.

There are approximately three million Herbalife distributors in 92 countries across North and South America, Europe, Asia, the Middle East and Africa — more than 13,000 in Canada.

Distributors make money two ways. The first is buying the products from Herbalife at a discount from the suggested retail price and re-selling them at a profit.

The second is payments from the company, which include a percentage of the money spent on Herbalife products by the people they recruit to become Herbalife distributors, and the people they in turn recruit, and so on, who are collectively called their "downline."

The company also issues

bonuses and all-expenses paid vacations to certain distributors with high-performing downlines.

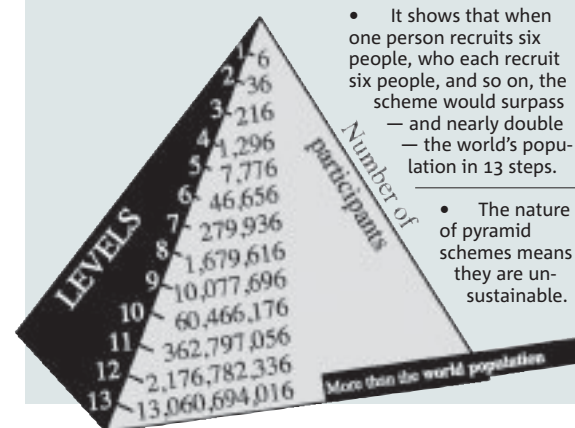
Pyramid schemes, which are illegal in most of the world, including Canada, are a type of fraud that involves participants recruiting more and more participants, where those at the top profit and those at the bottom lose out.

More online

Find out what happened when Metro reporter Jessica Smith Cross went undercover as a prospective Herbalife distributor, at metronews.ca.

Hard to climb a pyramid

This graphic, created by the U.S. Securities and Exchange Commission, illustrates a pyramid scheme.



Hope vs. reality

Reading between Herbalife's lines

If you search for Herbalife online, you can find video testimonials of distributors with their expensive homes and cars.

But do those videos match reality?

To learn how Herbalife works, we called the number from a "WORK FROM HOME" flyer, listened to the pitch and signed up. Here's what we learned about new recruits' high hopes and the reality of Herbalife.

Herbalife hope

- New Herbalife distributors make money by selling the products. They buy product at 75 per cent of its retail price and can make 25 per cent profit.

Herbalife reality

- The profit margin is smaller and depends on where you live and how much product you order at once thanks to taxes and high shipping and handling fees. For example, if a new Toronto-based distributor orders the core products for a customer who pays the retail price of \$102.75, the distributor's profit is just \$5.95 — a margin of just over five per cent, and doesn't include overhead — such as gas and the cost of putting up flyers or setting up websites to attract customers.

Herbalife hope

- Selling Herbalife products at the suggested retail price is easy.

Herbalife reality

- There are about three million independent Herbalife distributors worldwide and many sell the products on sites such as eBay at significant discounts from the suggested retail price.

Herbalife hope

- Distributors can get a better profit margin — 50 per cent — by becoming a "supervisor" through buying \$4,000 worth of product from Herbalife in one month or \$2,500 in two consecutive months, and reselling it.

Herbalife reality

- Some Herbalife distributors become a



A screen shot of a Herbalife testimonial from Herbalife Chairman's Club member Doran Andry. In the video, he says: "I step out of the Ferrari, the Bentley, or whatever, and people go — 'what does that guy do for a living?' — and I go, 'I'm a Herbalife independent distributor,' and people are absolutely amazed." YOUTUBE

"supervisor" by paying Herbalife \$4,000 for a large shipment of product at a discount before they have the customers to sell it to, hoping to turn a greater profit. Former distributors say they've ended up stuck with product they can't sell at a profit, and unload it online.

Herbalife hope

- Herbalife distributors have become wealthy by building up large "downline" organizations.

Herbalife reality

- Only about one per cent of the 13,786 Canadian Herbalife distributors in 2012 made more than \$10,000 all year from their "downline" sales organizations. Nine Canadians earned in the hundreds of thousands or millions of dollars.

The vast majority — 96 per cent — of Canadian Herbalife distributors made less than \$1,000 from their "downlines."

Herbalife hope

- The people who don't make money just aren't trying hard enough.

Herbalife reality

- Eighty-eight per cent of Canadian distributors collected no payments from Herbalife in 2012. About 17 per cent of the company's total 13,786 Canadian distributors have put in the work to become "sales leaders with a downline" which means they, or someone in their

downline, bought a significant amount of product from Herbalife — but three out of four of them made less than \$1,000 in compensation in 2012.

Herbalife's response:

"Approximately 70 per cent of Herbalife members join to get a product discount and have no intention of trying to make any money. For the others, Herbalife offers an opportunity to supplement an income or build a business, based on their individual goals and efforts. As part of our commitment to our members, we believe Herbalife sets a new industry standard in terms of its consumer-protection policies, including clear, accurate and

timely disclosures to prospective members regarding potential income-generating opportunities; no minimum purchases and low start-up cost; generous refund policies covering the nominally priced start-up kit and resalable product."



Ball's back in Gates' court

Spinning in his favour. Philanthropist regains title as world's richest, with his net worth estimated at \$76B

Microsoft co-founder Bill Gates is back on top of the list of the world's richest people after a four-year hiatus.

Forbes magazine announced its ranking of the world's billionaires Monday.

Gates, who led the list for 15 of the past 20 years, won the spot back from Mexican telecom mogul Carlos Slim Helu, who had topped the list for the past four years. Gates' net worth is estimated at \$76 billion US; Slim Helu follows at \$72 billion US.

Spanish clothing magnate Amancio Ortega, known for the Zara retail chain, maintained his third-ranked spot and came out ahead of famed U.S. investor Warren Buffett, who ranked



Warren Buffett watches Bill Gates use an oversize paddle as they play doubles against a table tennis prodigy back in 2012. Gates is once again the world's richest person while Buffett came in fourth place. NATHAN HARNIK/THE ASSOCIATED PRESS FILE

fourth. Larry Ellison of Oracle came in fifth.

Forbes says a record 1,645 billionaires made the list this year, with an aver-

age net worth of \$4.7 billion US. That's up from 1,426 billionaires last year with a net worth of \$4.2 billion US. Total net worth of this

year's list was \$6.4 trillion US, up from \$5.4 trillion US last year.

The magazine said that 1,080 of the billionaires

were self-made, 207 inherited their wealth and 352 inherited a portion but are still growing it.

The largest net worth gainer on the list was Facebook's Mark Zuckerberg, who more than doubled his fortune to \$28.5 billion US as the value of his company's stock soared. He ranks 21st on the list.

The social-media giant helped bring a few notable newcomers to the list, including Facebook's chief operating officer Sheryl Sandberg and WhatsApp founders Jan Koum and Brian Acton, who recently sold their business to Facebook for \$19 billion US.

Forbes said 268 billionaires were new to the list, beating out a prior high of 226 newcomers in 2008. And a record number of women made the list this year, with 172 women joining, up 25 per cent from last year.

Altogether 100 people dropped out of the rankings, while 16 passed away.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
90.22¢ (-0.08¢)

TSX
14,212.74 (+3.15)

OIL
\$104.92 US (+\$2.33)

GOLD
\$1,350.30 US (+\$28.70)

Natural gas: \$4.50 US (-\$0.19)
Dow Jones: 16,168.03 (-153.68)

Unfair competition?

Supreme Court to look at who gets to whiten teeth

The Supreme Court in the U.S. will examine the North Carolina dental regulatory board's claim that only dentists should be allowed to whiten teeth.

The justices on Monday agreed to hear the state Board of Dental Examiners' challenge to a lower court ruling and an order by the Federal Trade Commission.

The FTC said the board engaged in unfair competition in the market for teeth-whitening services by shutting down businesses such as day spas and tanning booths that offered the service. The board sued the FTC in 2011, saying the agency overstepped its authority. THE ASSOCIATED PRESS

Russia

Turns out invading another country is not good for bottom line

Russia's stock market dropped about 10 per cent on Monday and its currency fell to its lowest point ever against the dollar and the euro as worries grew over the potential economic repercussions of the crisis in neighbouring Ukraine.

Russia intervened over the weekend to take control of Crimea, a Ukrainian peninsula with strategic importance, and the new government in Kyiv fears a wider invasion. The West responded by questioning Russia's membership in the Group of Eight leading industrialized democracies, and the U.S. threatened possible asset freezes and trade penalties. THE ASSOCIATED PRESS

SALES MANAGER

Metro Winnipeg is looking for a passionate and committed Sales Manager to manage the everyday functions of the Winnipeg sales department. The successful candidate will be responsible for the development and growth of evolving sales strategies and advertising solutions in order to effectively compete in the marketplace, achievement of sales targets, page yields and the development of new revenue streams.

PRIMARY RESPONSIBILITIES:

- Provide leadership to Sales Team to maximize both performance and professional growth
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- Develop new revenue projects to assist in overachieving revenue goals
- Build strong customer relationships
- Increase the number of innovative and first-to-market programs
- Work in accordance with other retail sales managers across Metro English Canada and SMG to leverage appropriate cross selling opportunities.
- Lead major department projects with budget accountability

REQUIREMENTS OF THE POSITION:

- Post secondary degree in Sales and/or Marketing preferred
- Newspaper experience would be an asset
- Sales management training preferred
- Minimum of 3-5 years experience in a sales management role in the Winnipeg market
- Experience selling to retailer and/or small-medium business directly
- Excellent oral and written presentation, communication and negotiation skills
- Superior ability to manage a sales team utilizing a Customer Relationship Management System (CRM)
- Ability to problem solve and make decisions in a dynamic, ever-changing environment
- A passion for creativity; an entrepreneurial spirit
- Proficient in Microsoft Office applications

Interested individuals who possess the skills described above are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than March 22nd.

PLEASE QUOTE: "Sales Manager - Winnipeg" in the Subject Line. All submissions will be treated as confidential.



Mansbridge. CBC anchor defends paid speeches

CBC News anchor Peter Mansbridge defended himself Thursday after a report that he made a paid speech to petroleum producers, saying he has never publicly promoted or opposed oilsands development.

"If I leave a speech and those in attendance think they know where I stand on any controversial issue, then they're guessing. Because they won't find it in the words I've spoken," he wrote in a blog post on the CBC website.

"I would not, do not, and have not, given a speech either

Conflict of interest?

"The problem is in the money received."

Jeffrey Dworkin, a former managing editor for CBC Radio, told *As It Happens*

promoting oilsands development or opposing it."

The anchor of *The National* said he gives about 20 speeches each year, about half of them unpaid. When he receives a fee, he often donates part or all of the money to charity, he said.

THE CANADIAN PRESS

Mt. Gox. Bitcoin exchange blames theft for collapse

The Tokyo bitcoin exchange that filed for bankruptcy protection blamed theft through hacking for its losses, and said it was looking into a criminal complaint.

In an announcement posted on the Mt. Gox exchange's website Monday, CEO Mark Karpeles outlined the events that resulted in the company's insolvency and said there was a "high probability" theft was behind the disappearance of bitcoins.

"We will make all efforts

to ensure that crimes are punished and damages recovered," Karpeles said. He said Mt. Gox will try to resume business as a way of increasing repayments to its creditors.

The online exchange was unplugged last week as rumours of its insolvency swirled, adding to doubts about the viability of bitcoins overall. Its woes are a setback for bitcoin, a virtual currency that has grown in popularity since its 2009 creation.

THE ASSOCIATED PRESS

PROPER SPELLING IS SEXY

I was browsing through a popular online dating site on the weekend when I spotted a rather strange request. In the process of completing an online profile, the site asks each new user to share his or her opinion on the concept of "Soul Mates." Incidentally, I think there's something quite sexy about an individual who takes the time to edit his work.

Today happens to be National Grammar Day, a unique holiday that brings together smug copy editors and other faultfinders to celebrate the rules that govern the English language while snickering at the linguistic ineptitude of the general population. And while I think championing proper grammar should be a year-round initiative, it's nice to have a special day for wordsmiths to unite against erroneous writing. For those of us who are afflicted with the nit-picking gene, the world is an upsetting place full of comma splices, dangling modifiers, apostrophe abuse and misspelled words.

Tim Hortons, arguably one of Canada's most iconic and nationalistic institutions, offers a selection of decidedly unpatriot-



SHE SAYS
Jessica Napier
metronews.ca

ic donuts. "Donuts" is the simplified American spelling of the word, made popular by the Dunkin' Donuts chain of coffee shops. North of the border, we favour the lengthier and more pompous "doughnut" for those delicious ring-shaped pieces of heaven. In this case, a spelling error isn't simply a casual mistake but a purposeful assault on our Canadian pride.

If I'm starting to sound like an insufferable stickler for proper sentence structure, it's because I am. I understand that language changes over time — hyphens are dropped as compound words are fused together, the serial comma falls in and out of favour and slang words such as "buzzworthy" and "selfie" get promoted to Oxford Dictionaries — but that doesn't mean we should throw etiquette out the window when it comes to the written word.

In her book *Eats, Shoots & Leaves*, writer Lynne Truss champions the important role grammar plays in clarifying meaning and eliminating ambiguity in writing. She notes that punctuation marks can be thought of as the traffic signals of language.

"They tell the reader to slow down, notice this, take a detour, and stop."

It's easy to dismiss stuffy rules about capitalization and grammar in a world that has been infiltrated by expressive emojis, text-speak abbreviations and 140-character limits. But appropriate punctuation is a necessary courtesy; it helps the reader to understand your message clearly and avoid misinterpretation.

Sometimes a well-placed punctuation mark can even mean the difference between life and death. Consider how a comma creates two very different scenarios in the following sentences:

"Let's eat, Mom!"

"Let's eat Mom!"

In this case, Mom would be very grateful for that simple piece of punctuation.

And if periods and semicolons help us navigate the roadways of language, correct spelling ensures that we are driving a car and not riding an elephant.

So the next time you visit your local Tim Hortons, I would ask that you bring along a copy of *The Canadian Press Stylebook*, highlight the portion that reads "doughnuts (never donuts)," and ask the manager to adjust the menu signage accordingly.

ZOOM

A foxy way to predict weather



JUAN KARITA/THE ASSOCIATED PRESS

Folk science used to optimize harvests

Farmer and traditional meteorologist Francisco Condori measures rain water with a flow meter in Cutusuma, on Lake Titicaca's southern shore in Bolivia. For centuries, farmers in the fragile ecosystems of the high

Andes have looked to the behaviour of plants and animals to figure out what crops to grow and when. If reeds dried up in the late summer, rainless weather lay ahead, they believed. If the Andean fox made a howling appearance, abundant rains were thought sure to come.

THE ASSOCIATED PRESS

Birds' nests foretell rain

1.3 feet

This year, birds known as quilli quilli, a diminutive species similar to hummingbirds, built their nests about 40 centimetres (1.3 feet) above the water level. Then they dismantled them twice, finally reweaving their nests at nearly twice their original height, which farmers have used as indicators of how much the lake will rise.

Climate change challenge

"We knew it was going to rain a lot."

Francisco Condori
Traditional meteorologist in Bolivia
And so it did, so much so that rivers in the Amazon basin have flooded their banks, submerging thousands of homes. But reading those signs has become more difficult as climate change alters everything from animal behaviour to the weather.

Clickbait



DYLAN ROBERTSON
Metro Online



ISTOCKIMAGES

Not the best at romance? Keeping up is hard to do. These apps can help you stay on good terms with your sweetie. Yes, these are real apps.

BroApp:

This app will schedule texts to your significant other based on time and your location. For example, "Thinking of you at work" during the lunch hour when you're in the office. (\$1.99, iOS)

Romantic Ideas:

This app helps the uncreative come up with date ideas or surprises. Examples include surprise road trips, photo col-

lages and bedroom shenanigans. (free, iOS and Android)

BreakupText or Clean Break Up Texts:

If you have to split, these apps will help you compose a text based on how serious your relationship was, and the reasons you want to break up. (BreakupText: \$1.99, iOS; Clean Break Up Texts: free, Android)

Twitter



@Russell_Barth: cannabis tincture

@YouAreMother: a union

@metropicks asked: Twitter will install 19th century log cabins at its headquarters. What 1800s relic do you want at work?

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: winnipegletters@metronews.ca

DVD review

**12 Years A Slave**

Director. Steve McQueen

Stars. Chiwetel Ejiofor, Michael K. Williams, Lupita Nyong'o

•••••

Steve McQueen's superb drama, the newly crowned best picture Oscar winner, doesn't spare the stick, lash or noose in its all-too-faithful recreation of U.S. slave history.

Yet it also finds humanity in one man's determination to free himself and return to his family. There is hope amidst the horror.

The man is Solomon Northup, played with grace, intelligence and strength by Chiwetel Ejiofor (Children of Men). The Oscar-winning screenplay by John Ridley (Red Tails) draws from Northup's bestselling 1853 memoirs of the same name.

Northup is a 19th-century freeborn African-American, a genteel family man living in progressive New York state, who is duped, drugged and abducted by slave traders from the intolerant south. They range from the kindly (Benedict Cumberbatch) to the mercenary (Paul Giamatti) to the downright maniacal (Paul Dano and Michael Fassbender).

Fassbender's Edwin Epps, a Louisiana plantation owner, comes on like a malevolent hurricane, citing holy scripture as justification for his misdeeds. These include illicit sex with a proud young slave woman Patsey (Oscar winner Lupita Nyong'o), whose very presence enrages Epps's wife, Mary (Sarah Paulson).

Brad Pitt's appearance late in the story might be a disruption in a lesser movie. Here he serves as a reminder that nothing could distract us from the exemplary performances of Ejiofor, Fassbender and Nyong'o, or from a film that achieves greatness in its deft balancing of horror and hope.

Extras include several making-of featurettes.

PETER HOWELL



Need For Speed opens next Friday. CONTRIBUTED

From meth to speed: Aaron Paul shifts gears

Need For Speed.

Breaking Bad star gets behind the wheel in fast-paced action flick

COLIN MCNEIL

colin.mcneil@metronews.ca

Jesse Pinkman is about to go fast, bitch.

Fresh off the success of Breaking Bad, actor Aaron Paul's latest vehicle is Need for Speed — a high octane action film loosely based on the most successful racing video game franchise of all time.

Alongside Imogen Poots, Paul stars as all-American tough guy Tobey Marshall, a street racer framed for a crime he didn't commit, and ready for revenge in a cross-country race.

The movie features a laundry list of million-dollar play toys on wheels most of us could only dream of: Lamborghinis, Ferraris, McLarens, Porsches, and Bugattis, to name a few.

Paul's character pilots an iconic muscle classic with some 21st century power under the hood — a custom Ford Mustang.

But in real life?

Quoted

"My first car was an '82 Toyota Corolla. It was a manual, the second gear didn't work, I had to skip from the first to the third; any time it would rain the trunk would fill up with water. I took such good care of that car though. I loved it so much."

Aaron Paul on his introduction to the world of cars

"My first car was an '82 Toyota Corolla," says Paul.

"It was a manual, the second gear didn't work, I had to skip from the first to the third, any time it would rain the trunk would fill up with water.

"I took such good care of that car though, I loved it so much."

I hate to Break it to 'Bad fans, but Tobey Marshall hasn't got much in common with beloved meth-rat Jesse Pinkman, except maybe that bad boy image. "He's got a leather jacket so he's definitely an anti-hero," laughs Paul.

"So did Sandy, from Grease," adds co-star Poots. "I'm just saying."

Going from the intensely character-driven drama of Breaking Bad to a nitro-powered action flick was "like a night and day difference," says Paul.

He credits the film's stuntmen with making his character look badass while he sits back and watches.

"What's hilarious is that they're actually very, very gentle guys," says Poots of the film's stunt performers.

"They're kind of tough on the outside but on the inside they're all kind of..."

"Softies," says Paul.

"Yup," agrees Poots.

But despite the help of badass stunt people, Paul still had to go through an intense driving course to prepare for some of the more hands-on scenes in Need for Speed.

"I learned how to do reverse 180s, drifting around corners, a full 360 while driving and then driving out of it, or drifting to the side and stopping on a mark," he says.

While Paul became an amateur stunt driver in

Paul on video games

- What was it like speaking at E3? "Terrifying," says Paul. "Standing in front of thousands of people, in front of gamers, it was fun, I mean, it was great, but I was terrified, let's be honest."

- On the Need for Speed games. "I definitely had played the game," he says, "I didn't realize they had made 15 of them, and I didn't realize how successful they were. And I knew there was no narrative, so this film was kind of working with a blank canvas."

his own right, Poots isn't quite as confident behind the wheel. "I'm not really a car person at all really," she admits. "I have a push-bike, and I'm lacking in a driver's license pretty much all the time."

"I live in Los Angeles, the whole thing [driving] is fundamentally ridiculous."

But all those muscle cars and leather jackets must have had some effect on her. "I've got heaps of balls, as a result of Need for Speed," she laughs.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



30 Seconds 'til I figure this situation out

MELINDA TAUB
Metro World News in New York

Are Jared Leto and Lupita Nyong'o dating or what? The two best supporting Oscar winners are rumoured to be supporting each other, if you know what I mean. Though I'm not sure that I do know. The stunning 12 Years a Slave actress weakly denied the gossip on Ellen last week.

"You know it's crazy 'cause when I read these rumours, they're so detailed that even I start to question whether they're true or not," Nyong'o said. "I know I've believed them

in the past and now I guess I can't believe anything."

Her rumored paramour, on the other hand, who won a best supporting actor trophy Sunday night for his role as a transgender AIDS victim in Dallas Buyers Club, announced last night to E!'s Ryan Seacrest that yes, he's dating a best supporting actress nominee — 84-year-old June Squibb.

"Let's put the rumours to rest," he joked with Nebraska star Squibb. "We are indeed dating and it's great."

He added, "I've been having fun. I hope she is, too."

Cute, but Leto should know that I am basically taking all this jokey denial as confirmation that he and Nyong'o really are together. If they're not, they should be. They should at least make their Oscar statues kiss.



Leonardo DiCaprio ALL PHOTOS GETTY IMAGES

And the defendant is...: Leo leaves the Oscars with a lawsuit in tow

As if going home from the Oscars empty-handed weren't bad enough, now Leonardo DiCaprio is being sued — along with the other producers of last year's Out of the Furnace — for defamation by members of the Ramapo Mountain, N.J., community, who claim they were painted in an unfair light by the film, according to TMZ.

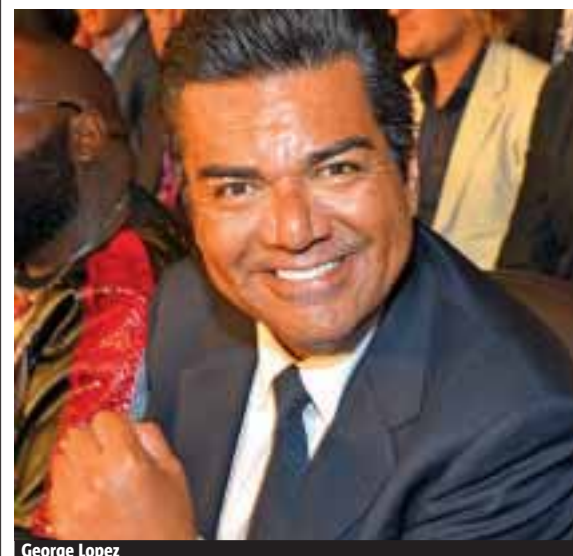
"Out of the Furnace characterizes the Ramapo Mountain people in an extremely negative manner," the suit alleges. "The Plaintiffs are not the worst people, do not live in trailer homes, are not involved in an underground

bare-knuckle fight ring and do not live in a self-contained world of drugs and violence." The film, starring Christian Bale, Woody Harrelson and Casey Affleck, was produced by DiCaprio's company, Appian Way.

Candied Claudia: So which model made a million for one meal?

Claudia Schiffer cannot be bought, apparently. The supermodel was once offered \$1 million by an Arabian prince to join him for a dinner and serve as his "eye candy," she reveals in an interview with Jonathan Ross for his talk show. "It's not all about money," she says. "I just want to be able to walk down the street and be proud of what I do." She also says that another supermodel took the prince up on his offer when she refused, though she won't say who it was.

A lethargic Lopez tries his luck on a casino carpet



George Lopez

George Lopez was arrested for public intoxication after passing out on the floor of the Caesars Windsor Casino in Windsor, Ont., last week, according to Entertainment Tonight. On the bright side, though, at least the comedian and sitcom star can

laugh it off. "Tied one on last night. Not feeling great this morning," he said in a statement the following day. "I was trying to sleep it off. Unfortunately, it was on the casino floor." Lopez was reportedly released without being charged.

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Because I'm happy...



Stop thinking of happiness as a good feeling. Instead of asking, "Do I feel happy?" ask, "Am I doing something meaningful, purposeful, aligned with my values?" suggests Russ Harris, author of *The Illustrated Happiness Trap*. ISTOCK

Q&A. While Pharrell's song is making people want to dance in the streets, a new book explains why happiness doesn't always mean good feelings

LASSE
EMIL KRISTIANSEN
Metro News in New York City

Happiness is not always about

feeling good, says physician and therapist Russ Harris.

He's the author of *The Illustrated Happiness Trap*, which has illustrations by Bev Aisbett. We talked to Harris about the enigma of that magical "H" word. His attitude on what it means to be truly happy might surprise you.

Can you try to describe what happiness is?

Unfortunately, most people think of happiness as a feeling or emotion. They believe that happiness equates to feeling

good. But this common idea of happiness creates a trap for us; it sets us up to struggle with reality. Because the things that make life rich, full and meaningful — such as building intimate relationships, raising a family, developing a meaningful career, etc. — do not just give us good feelings; they also give us all plenty of painful feelings, such as anxiety, frustration, fear of failure, disappointment, anger, sadness and so on. I would encourage people to redefine happiness as "living a rich, full

and meaningful life, in which we feel the full range of human emotions, both pleasant and painful."

How is this book different from other happiness books?

Well for a start, there's nothing in about "positive thinking" or "positive affirmations" or "challenging negative thoughts." It's based on a scientifically proven model called acceptance and commitment therapy (ACT), which uses cutting-edge psychological methods, especially a mental

For your phone

Adrian Peterson
Driven
(iPad, \$1.99)



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

While Minnesota Vikings star Adrian Peterson doesn't workout alongside you in this four-week training course, he does use video effectively to demonstrate exercises for building up speed and strength.



process known as mindfulness, which enables you to handle difficult thoughts and feelings more effectively, so they have much less impact and influence over you.

Is it normal to have self-doubt on the road to happiness?

Self-doubt is normal and natural, and almost everyone has it to some extent; unfortunately most people don't openly admit to it. If you are stepping out of your comfort zone into a challenging situation with an uncertain outcome, of course you will have self-doubt. How could you possibly not? ACT teaches you how to deal with this through developing mindfulness. In a mental state of mindfulness you can let all those anxious thoughts and feelings flow through you, without getting caught up in them or swept away by them.

Eggs and Visual Function Study

Would you like to participate in a study on the effects of egg consumption on visual function?

Are you a healthy Caucasian individual from 50-80 years of age?

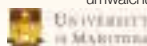
We plan to investigate if egg consumption can help visual function in older adults and prevent age-related macular degeneration, one of the worlds leading causes of blindness in older adults.

- You will consume chocolate pudding containing NUTRIENT ENRICHED egg yolk for 6 weeks
- Your retina function will be measured twice by the only electroretinogram in Manitoba at no cost (tests are worth \$300)
- We will provide you with all of your results and a 30\$ gift certificate at the end of the trial

The trial will take place at the Richardson Centre for Functional Foods and Nutraceuticals, 196 Innovation Drive, SmartPark, University of Manitoba

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“Workplaces today require their administrative staff to handle a diverse range of duties such as customer service, meeting and event planning, co-ordinating appointment calendars, conducting research and creating company presentations,” says Mary-Ellen Hogue, program manager for business and management, school of continuing education.

This RRC certificate program can be completed either through a full-time program or part-time studies.

Courses in the part-time administrative assistant program are offered through evening courses, with some courses available by online delivery.

If taken full time, students can com-



CONTRIBUTED

plete the certificate in 17 weeks.

Administrative assistant students explore a wide range of subject matter designed to make them ideal candidates

for employment, including business communications, business math and computing, accounting, administrative procedures, bookkeeping, office profes-

sionalism, event planning, and customer service.

The program also includes a three-week practicum component, during which students apply the skills they have learned in a real-world workplace setting.

For those already in the field and looking to add a credential behind their name, then the recognition of prior learning (RPL) can help. RPL is a process that documents and compares your prior learning gained from previous education, work and life experiences and personal study to the learning outcomes of the program's courses. This means you can complete your certificate faster.

Courses available for RPL are administrative assistant practicum, basic business communication, basic business mathematics, business computing, customer service, keyboarding, and office professionalism.

Red River College will be holding an information session for this program March 19 from 6-7 p.m. at E101, 2055 Notre Dame Ave.

For more about this program, call 204-694-1789, or visit rrc.ca/adm.



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LET PACE HELP YOU FULFIL YOUR DREAMS

Everyone strives to land their dream job, and, in June 2010, Breanne Talbot did just that. For Talbot, that job was a communications specialist with Winnipeg Airports Authority (WAA).

Before finally touching down at the airport, Talbot decided she wanted to further her education beyond a bachelor of arts degree and develop specialized skills if she was going to obtain her dream job in communications.

In 2006, Talbot enrolled in the

full-time public relations diploma and management certificate program at PACE (Profession, Applied, Continuing Education) through the University of Winnipeg.

This program allowed Talbot to perfect her written and oral communication skills, gain knowledge about public relations, and learn about management.

Through hard work and dedication, she graduated at the top of her class.

She now applies all of these skills to

her current job in the WAA's communications and public affairs department.

Talbot takes great pride in preparing press releases, speech notes, presentations, award submissions, co-ordinating internal and external events, and managing WAA's social media presence, engaging with external audiences through platforms such as blogging and Twitter.

To learn more about this program or others offered at PACE, visit pace.uwinnipegcourses.ca.



Breanne Talbot

CONTRIBUTED



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CHALLENGE YOURSELF AT ROBERTSON COLLEGE

A post-secondary education is required to compete in today's health-care aide job market.

"Without that, you are not able to compete for the jobs you really, really want," says Amanda Young, faculty head of health, Robertson College, Winnipeg. "You will continue to be passed over by individuals who hold the piece of paper that says they can do the job."

Train to enter into a career as a

health-care aide through Robertson College's health-care aide challenge.

If you are an uncertified health-care aide who has worked at least 1,200 hours in the past two years or was a nurse in another country, you are in a perfect place to take advantage of the health-care aide challenge program.

If going back to school is going to provide you with a promotion, help you afford that vacation you have always wanted to take, allow you to provide for

your family the way you have always wanted to, then the Robertson College health-care aide challenge program is the right choice.

At Robertson College, getting your certification can be simple and can be done in as little as 12 evenings while maintaining full-time employment during the day.

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For more information, call 204-800-7933 or visit robertsoncollege.com.



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There's only months between you & your dream career. Classes start March 24! Call **204.800.7933** or visit www.robertsoncollege.com to get started.

*Conditions apply. Please contact Robertson College for complete details.

LEARN BASIC MLD TECHNIQUES AT WELLINGTON

From April 2-6, Wellington College of Remedial Massage Therapies Inc., will be offering the Vodder Manual Lymphatic Drainage (MLD) course, a beneficial course to any health professional dealing with lymphedema and cancer patients.

This course will cover the basic training of the Dr. Vodder School of Manual Lymphatic Drainage, a gentle, non-invasive manual technique to assist in lymph flow and aid in drainage of tissues.

"The lymphatic system is responsible for removing products of inflammation, which leads to a reduction in pain and improved healing rates," says Denise Drisdelle, BA, RMT, Vodder instructor.

"When treating with MLD, we often see a quicker response to healing, sometimes within half the time it would normally take."

Students will learn basic techniques that may be beneficial to patients with acne and other skin conditions, headaches, athletic injuries, traumatic injuries, and pre-surgery, to name a few.

"Students will be able to use MLD to treat conditions they would have typically not treated with traditional massage tech-



CONTRIBUTED

niques," Drisdelle says.

Completion of the basic course will enable students to move on to advanced courses that teach methods to treat more complex patients with edema, chronic and post-surgical wounds, orthopedic applications, and more.

It is an intensive course involving

extensive hands-on work, including the basic strokes and their application to each body part.

The theory covers anatomy and physiology of the lymph vessel system, connective tissue, effects of MLD and contraindication.

After this course, participants can go

on to obtain their Dr. Vodder certification through therapy I, II and III courses at a later date.

For information about Dr. Vodder School and its courses, see vodderschool.com. To register for this course, contact Wellington College at 204-957-2402, or wellingtoncollege.com.



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MICHAEL JUNG/SHUTTERSTOCK

ECEs HELP SHAPE THE FUTURE OF CHILDREN

Early childhood educators (ECEs) help children learn and play. Their work helps shape the future, one child at a time. And Manitoba is one of the best places in Canada to train for this exciting career.

Many of this province's post-secondary institutions offer early childhood education training programs. Their schedules and delivery methods vary widely, allowing you to choose the training path that suits you best. If you have a job but are looking for a career change that offers variety and career advancement, you can register for courses scheduled around your working hours to help you meet your goals.

As a Manitoban, you will have many opportunities to access incentives. You will receive tuition support — up to \$4,000 — toward a two-year diploma. Once you graduate, you may be eligible for a 60 per cent income tax rebate on your tuition. And Manitoba is only the second province to offer provincewide pension retirement sup-

ports for its child care workforce.

You can also look forward to a satisfying career in high demand. ECE IIs (professionals with an approved diploma or qualification in early childhood education) command a minimum starting salary of \$32,000 per year.

Higher salaries and more job opportunities are available with further training and certification. ECE IIIs (professionals with an approved university degree or a diploma, plus an approved continuing education certificate) are eligible for child care related work that also includes managerial or supervisory duties.

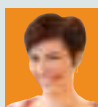
ECE programs across Manitoba will be starting again soon. It is a great time to take a step toward a brighter future in a rewarding field.

To find out more about early childhood education training options, along with contact information for various schools, visit manitoba.ca/childcare. You can also phone 204-945-0776 in Winnipeg, or toll-free 1-888-213-4754.

From North Carolina, with love: Seared Scallops with Ragout

Health Solutions

I see your protein and raise you three scallops



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Scallops are one of the fastest weeknight seafoods you can imagine.

They are available frozen year-round. If you buy them on sale and stock up, you can find quite a bargain for your omega-3 buck.

Unlike other frozen seafood, the protein in scallops seems to suffer less damage, netting a nicer texture when thawed then cooked.

Scallops rank around the middle of fishes in omega-3 content but low on the cholesterol, calorie and fat

scale, making them excellent health food.

The only trick in cooking them is to pat dry, use a hot pan and don't cook for more than 5 minutes.

Letting them rest before serving helps the scallop to cook through all the way but a little translucence in the centre helps make sure that they aren't like eating erasers.

Three toonie-sized scallops are about 100 calories and yet 18 grams of protein (about one third of a day's requirement).

They also serve up about one-third of your omega-3 needs for the day and a healthy, balanced dose of magnesium, potassium and phosphorus.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



THERESA ALBERT
myfriendinfood.com

You know you're in for a treat when seafood is the speciality at a restaurant. That's the exact case at the historic Carolina Inn in Chapel Hill, N.C.

The walls are lined with historic photos and clippings of important goings on in the south. The dining room is rife with Southern comfort foods, including this recipe for Seared Scallops with Butternut Squash Bacon Ragout, which I adapted from Chef James Clark.

It is quick and simple and the side dish of squash and bacon can be made days in advance and kept for that gastronomic weeknight meal you crave but don't normally have time for.

1. Peel and chop squash into 1 inch cubes (or use prepared/frozen squash cubes to speed up the dish).

2. In a small pot cover the butternut squash with cold water and place on the stove on high heat and bring to a simmer. Allow to simmer 5-15

Ingredients

- 1 butternut squash (about 4-5 cups cubed)
- 2 strips bacon
- 12 large scallops
- Salt and pepper to taste
- 1 tbsp butter
- 2 shallots, minced
- 2 cloves garlic, minced
- 3 tbsp white wine
- 1/2 bunch chives



This recipe serves six. COURTESY THERESA ALBERT

minutes until just fork tender but with a little bit of strain and cool.

3. Dice bacon into small cubes and cook in a large sauté pan slowly until crisp. Remove from the heat and drain and reserve the bacon pieces and the drippings separately.

4. Heat the same sauté pan, pat scallops dry with paper towel and season with the salt

FLASH FOOD



From your fridge to your table in 30 minutes or less

and pepper, add butter to the pan and place scallops to sear. Once the edges become nice and brown (about 2 mins) turn over and cook 1 min. Then remove and set on paper towels

to side in a warm area.

5. In the same pan add back the bacon, shallots and garlic and sauté for a min, then add the squash and the white wine then chives.

6. Place scallops atop a bed of squash. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

No party needed for this cocktail

1. Fill a large (6- to 8-quart) stockpot halfway with water,

then add 2 tablespoons of salt. Bring to a boil. Add the lemons,

Ingredients

- Kosher salt
- 2 lemons, quartered
- 2 lbs jumbo shell-on raw shrimp, thawed if frozen

For the sauce:

- 1/2 cup ketchup
- 1/2 cup chili sauce
- Zest and juice of 1 small lemon

- Juice of 1/2 small lime
- 1 heaping tbsp white horseradish
- 1 tsp pureed chipotle peppers in adobo
- 2 tbsp (1 oz) vodka
- 1 tbsp Worcestershire sauce
- Pinch garlic salt
- Celery salt, for serving

then return the water to a boil. Add the shrimp, turn off the heat and cover the pot. Leave the shrimp in the water for 2 to 4 minutes, or until cooked through, pink and curled. The larger the shrimp, the longer they will take to cook.

2. Use a slotted spoon to transfer the shrimp to a large bowl. Add enough cold water to cover the shrimp, then stir to cool them. When the shrimp are cool, peel and de-vein them, then pat them dry

and transfer to a platter or plate. Refrigerate until ready to serve.

3. To make the sauce, in a medium non-reactive bowl, mix together the ketchup, chili sauce, lemon juice and zest, lime juice, horseradish, pureed chipotle, vodka, Worcestershire and garlic salt. Taste and adjust seasonings.

4. Sprinkle celery salt around the rim of a serving dish. Transfer the cocktail sauce to a serv-



This Shrimp Cocktail with Bloody Mary Sauce recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

ing bowl and place in the centre of the serving dish. Arrange

the chilled shrimp around the edges. **THE ASSOCIATED PRESS**

Jones basking in gold-medal glory

Curling. Winnipeg rink taking March off to enjoy fruits of its labour

She made history in Sochi, leading the first women's curling team to go undefeated in an Olympic tournament. Now Canadian skip Jennifer Jones says she can't see herself walking away from the sport any time soon.

But the newly minted gold medallist is looking forward to a break.

"It's been a long four years of practising and training and time away. And now it's time to maybe take a break and spend some time as a family," says Jones, who has a 15-month-old daughter with her partner, curler Brent Laing.

The time spent practising and training paid off on Feb. 21, when Jones — together with her lead Dawn McEwen, second Jill Officer and third Kaitlyn Lawes — downed Sweden 6-3 in the gold-medal game. Throwing the last rock in that game is a moment Jones says she'll never forget.

"I looked around at my family and I looked around at all the sacrifices everybody had made and, yeah, we were going to be standing on top of that podium, winning that gold medal," she says.

"It's a dream you've had for your entire life and it was about to come true. That 12 seconds seemed like the longest 12 seconds of my life. I can feel exactly what I was feeling in that moment because it was



Skip Jennifer Jones, left, and lead Dawn McEwen sign autographs for fans upon returning to Canada from the Sochi Winter Games on Feb. 24 in Toronto. DAVID COOPER/TORSTAR NEWS SERVICE

What's next?

Jones and her team are taking March off from competing to bask in their win.

- They have a competition in April lined up, but after that, the future gets fuzzy.

like it was in slow motion."

It was a moment Canadians wanted to celebrate with the team, tweeting their support and congratulations.

- "We haven't talked about (what happens next)," Jones said. "We always said that we wanted to live in the moment because so many people are focused on the future and we didn't want the moment to pass us by."

"There were so many tweets during and immediately after the gold-medal game that, by the time I turned on my phone, they wouldn't load

because there were so many of them," Jones says. "I still haven't received any tweets from about an hour before the game, during the game and about an hour after the game. To me, that's just mind-boggling."

The new-found attention extends from the digital realm into the real world, too.

"Everywhere we go we're recognized," Jones says. "It's all great stuff, to have people recognize our team and recognize curling and help increase the popularity of curling is amazing." **THE CANADIAN PRESS**

NHL

No truth in Spezza trade rumours: Senators GM

The Ottawa Senators say they have no plans to trade their captain.

Reports surfaced on Monday that the Senators were exploring potential interest in forward Jason Spezza, but shortly afterward Ottawa general manager Bryan Murray refuted those reports.

"I had one guy ask if I want to comment to quiet the rumours and I said, 'No.' I'm not going to.... The more I say about it the more it's going to be played over and over in the next couple of days," said Murray to reporters in Vancouver, where the Senators beat the Canucks 4-2 in Sunday's Heritage Classic outdoor game. "I'll just say we have not talked, at this point in time, about Jason Spezza." **THE CANADIAN PRESS**

NFL

Bills opt not to use franchise tag on Pro Bowl safety

Bills general manager Doug Whaley is done playing franchise tag with safety Jairus Byrd.

After spending much of the past year trying to negotiate a long-term contract, Whaley preferred risking the loss of Byrd in free agency rather than applying the one-year tag on the three-time Pro Bowler for a second consecutive season.

Whaley didn't rule out the possibility of the sides negotiating a deal before the start of the NFL's free-agency period on March 11.

THE ASSOCIATED PRESS

Kevin Koe not done beating up kid brother



Alberta skip Kevin Koe watches a rock in a match against the Northwest Territories/Yukon in Kamloops, B.C., Monday. ANDREW VAUGHAN/THE CANADIAN PRESS

It's one game Kevin Koe never looks forward to playing.

"This one, you don't get a lot of enjoyment out of," the Alberta skip said, after beating younger brother Jamie Koe from the Northwest Territories/Yukon 8-3 in eight ends Monday at the Canadian men's curling championship.

"It's never fun beating them because I'm always cheering for them every year they're here," he said. "That being said, we needed a win."

Alberta improved to 3-1 at the Tim Hortons Brier, at least

until the evening draw, when he was set to face unbeaten Manitoba and Jeff Stoughton. The Territories fell to 1-3.

"It's good that it's early in the week so hopefully both of us win the rest of our games," he added.

"They're obviously better," Jamie said of the encounters with his brother. "We're going to have to play our best and hope for some breaks but it's a fair battle."

Jamie Koe has represented the Territories four out of the last five years but when Kevin

has been there he has always won the brother vs. brother tussle.

Monday also saw New Brunswick's James Grattan score his first win this year against Greg Balsdon of Ontario 9-6.

Grattan gave Stoughton a fight Sunday as well and said it felt good to get a monkey off his back with the win.

"When we went to bed last night we felt pretty good about it," he said of the Manitoba game. "The team in the last two games has really shown up."

THE CANADIAN PRESS

Horoscopes

Aries

March 21 - April 20

Not everyone shares your principles and beliefs, so don't take it as a personal affront if others disagree with you today – which they will. Everyone is entitled to their own opinions.

Taurus

April 21 - May 21

You may be tempted to give up on something that just won't go the way you want it to go. Don't. Later this week something will happen that makes you realize that your slow progress is just a blip.

Gemini

May 22 - June 21

The planets warn that if you come on too strong today someone you work with will be so intimidated that in future they will try to keep a distance between you, which is not what you want at all.

Cancer

June 22 - July 23

You have made up your mind about an issue and the more others try to change your mind the more determined you are to follow your own interpretation. Just make sure it's the correct interpretation.

Leo

July 24 - Aug. 23

Someone whose personality is as strong as your own will refuse to follow your lead today and you won't be too happy about it. But what can you do? Let them do their own thing.

Virgo

Aug. 24 - Sept. 23

Try not to waste time and energy on people who are clearly not worth the effort. Certain individuals will always be ungrateful no matter what you do – it's in their nature – so identify them and avoid them, as much as you can.

Libra

Sept. 24 - Oct. 23

Anyone who disagrees with your right to dictate terms will be out in the cold very quickly. Usually you are happy-go-lucky but today the happiest and luckiest people will be those who don't cross you!

Scorpio

Oct. 24 - Nov. 22

Try to avoid petty arguments. Yes, it may look to others as if you are taking the easy way out but the fact is you cannot be bothered to waste time irrelevant issues.

Sagittarius

Nov. 23 - Dec. 21

The situation you have to deal with today is of a kind you would prefer to avoid, but you will find it provides the kind of challenges that require brain power to resolve – and that's the kind you enjoy.

Capricorn

Dec. 22 - Jan. 20

You may lose your temper with a work colleague over the next 24 hours. But don't get so angry that you risk bursting a blood vessel. Why put your health at risk over someone else's stupidity?

Aquarius

Jan. 21 - Feb. 19

You will be a hero to some and a villain to others today – there will be no in between. Whatever you say that causes a fuss don't let anyone tell you that you should keep quiet.

Pisces

Feb. 20 - March 20

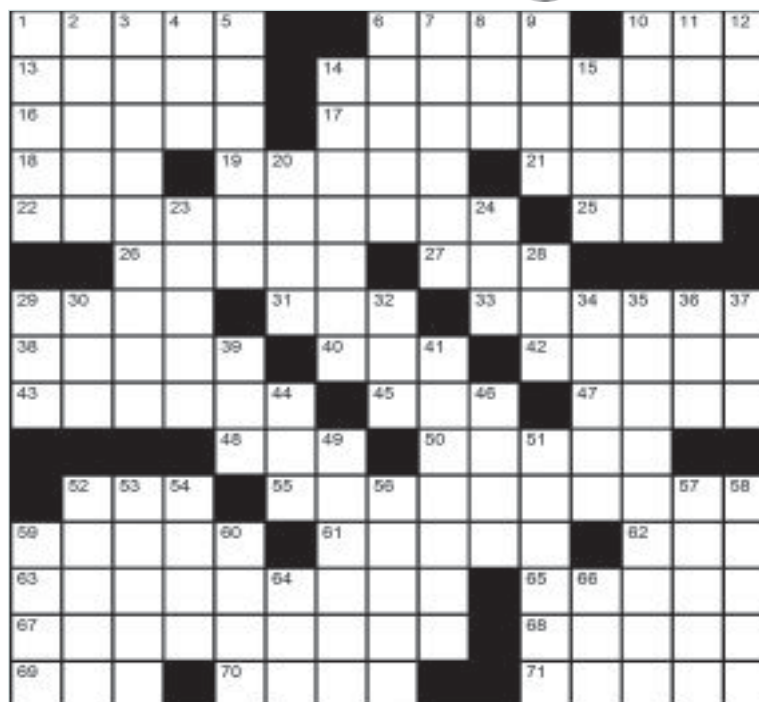
The Sun in your sign boosts your confidence and makes you believe that all things are possible – but others, it seems, still need convincing. You can, if you try, win people round to your point of view.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Desert transport
6. Historic Canadian Louis
10. "Swamp Pawn" channel
13. "Star Trek" role
14. New Orleans carnival: 2 wds.
16. Cow's 'first stomach'
17. Nightclub service: 2 wds.
18. Furniture wood
19. Launch
21. Friends, olden-days style
22. Legendary singer/songwriter/pianist: 2 wds.
25. Joe ___ (Canadian who is the Creative Director of ELLE Magazine)
26. New Zealand people
27. Meas. from a circle's centre
29. Old Testament son
31. PM or Pres., e.g.
33. Pro dancer Mr. Chmerkovskiy
38. Like green-covered stones
40. Conclusion
42. Hawk type
43. Maintenance
45. Meet
47. Microsoft's search engine
48. ABBA song
50. Will, fancy-style
52. HBC part



55. 1987 Sci-Fi movie spoof
59. Ontario: The Cochrane Polar Bear Habitat's bear whose name means 'snowflake' in Inuktitut
61. Showbiz kid Ms. Willis
62. Mr. Wallace
63. Constellation; or,

- Gene Roddenberry created TV series
65. Pointed arch
67. April Wine song: 2 wds.
68. Canadian musician Mr. Zappacosta
69. Rapper, ___ Rida
70. Auction actions
71. Bible-sounding verb

Down

1. Doctor
2. Song from 1961 Elvis movie "Blue Hawaii": "Rock-___ Baby"
3. Treasure of ancient Egypt: 2 wds.
4. Bard's 'before'
5. Welcome cry from a ship's crow'snest!:

- 2 wds.
6. French painter Mr. Dufy (b.1877 - d.1953)
7. More angry
8. Summer hrs. indicator
9. Defeat
10. Greek island
11. Papier-___
12. Frowning-upon sound effects

14. Country music's Martina
15. Robert ___, PEI Premier
20. Peer
23. Reason
24. "Cheers" bartender
28. Lightly apply
29. Three-lettered bird
30. Drench
32. Medical pros
34. Samuel Taylor Coleridge poem, ___ Khan
35. Bowl of apples painting, for instance: 2 wds.
36. Canadian broadcaster Marci
37. "I'm a ___: half man, half dog. I'm my own best friend." — John Candy in #55-Across
39. Not no
41. Vintage Sony CD-player
44. Neg. opposite
46. Yoredom's 'you'
49. Banquet
51. Overseas
52. Commonplace
53. "Then...?": 2 wds.
54. Portable dwelling of Mongolia
56. Luxury cars
57. Mr. Strauss' pants
58. Sugary
59. Sailing spar sort
60. Hoda ___ (NBC daytime chat personality)
64. Ath.'s injury scan
66. ___ Worm (Toy)

Yesterday's Crossword

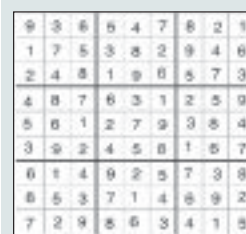


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: -15°
MIN: -25°



MAX: -12°
MIN: -24°



MAX: -11°
MIN: -21°



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